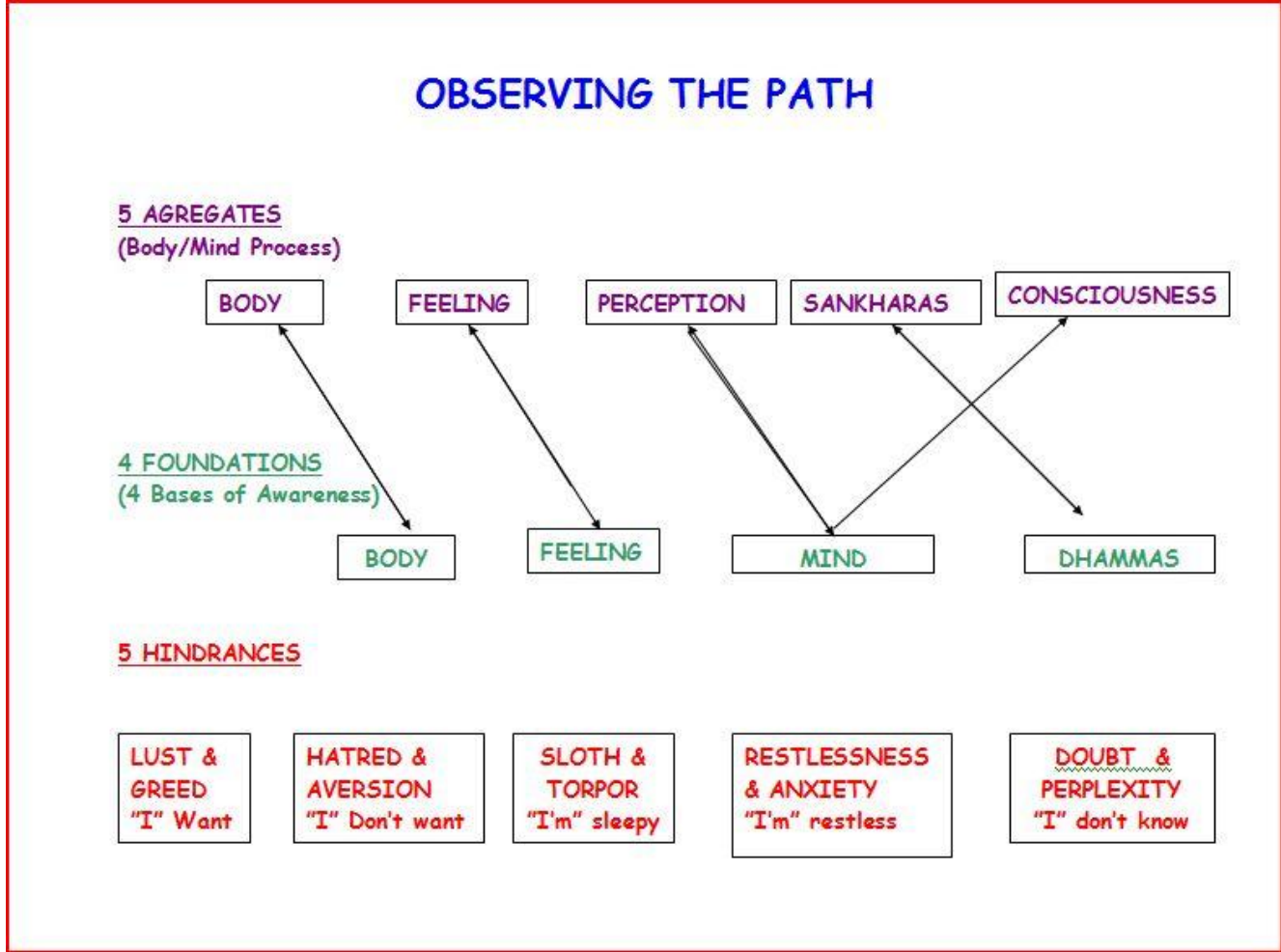


5 aggregates chart



Demonstrating the interwoven nature of the teachings of Buddhist meditation. Showing how the Five Aggregates are intertwined with the Four Foundations. Once you realize these are the same thing understanding begins to deepen.